

Carrots, Glazed³⁰

Number of Servings: 30 (68.17 g per serving)

Amount	Measure	Ingredient
3 3/4	qt	Carrots, fzn, slices
4 1/2	Tbs	Margarine, soft, hydrog & reg soybean oil, Gold n Soft
4 1/2	Tbs	Sugar, brown, packed

Nutrients per serving

Nutrition Facts	
Serving Size (68g)	
Servings Per Container	
Amount Per Serving	
Calories 45	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 0g	
Vitamin A 150% • Vitamin C 2%	
Calcium 2% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

*Fresh, cooked carrot slices may be substituted for frozen carrot slices. 14# AP - 10# EP fresh carrots

Cook carrots until tender in just enough water to prevent scorching. Drain. Melt margarine and combine with brown sugar. Pour over carrots and bake at 400 degrees F for 20-30 minutes or until at least 160 degrees F. Serve with 4 oz spoodle or #8 scoop for a 1/2 cup serving.